



LIRA NEWSLETTER

LEARNING IN RETIREMENT ASSOCIATION

Office of Community Service – UMass Lowell

Member of Elderhostel Institute Network

Tel.: (978) 934-3135 Web: uml.edu/community/LIRA

December 2010

Vol. 17 No. 4

Please join us for

LIRA's Annual Holiday Potluck Luncheon/Town Meeting

Wednesday, December 8, 2010

10 AM until Noon

**Alumni Hall, 84 University Avenue, Lowell, MA
Shuttle bus from Salem Street B Parking Lot**

**Two Scholarship Awards will be given.
Hear about our Winter Intersession.
Participate in the Consumable Auction.
Enjoy the good food and meeting with friends.**

**See inside for details on directions, parking,
what to bring for the luncheon, auction and CTI.**

Art of Belgium and the Netherlands

The seventeenth century was the Golden Age for both nations and much of that culture easily is enjoyed today. Visitors to Ghent, Brussels, Bruges, Antwerp, Delft, Haarlem, and Amsterdam are treated to collected works of master artists in churches and museums, view memorable architecture along some rivers and canals, and can study period statuary in city squares that are encircled by elaborate guild houses.

In October I presented an illustrated talk to appreciative LIRA members, recalling a visit 52 years ago and last spring. The conversation was enhanced by using the electronic teaching station's overhead camera to show plates in art books and favorite art on postcards purchased in major museums visited.

In Ghent where art nouveau began, you need only to look up at the facade of some homes to enjoy the curvilinear art on tiles. The city has Flemish Beguinages once operated by lay sisterhoods. Bruges boasts one founded in 1245. Napoleon stopped their use for the care of elderly and orphans. Also in Ghent, along the Leie River are a few restored warehouses once used to store raw materials that fed the flourishing textile industry.

Numerous imposing guild houses also line the riverfront.

Once Antwerp was the first port of Europe, and the beautiful Renaissance City Hall flies flags of the many consulates there at the time. The Museum of Fine Arts is the repository of some of Peter Paul Rubens huge religious paintings, that had previously been housed in cathedrals. He was master of the city's St. Luke's Artisan Guild and had numerous apprentices who worked on the 3,000 paintings attributed to him. In reality 600 are entirely his creation. Johannes Vermeer also was master of an artisan guild in Delft.

Brussels' Grand Place is a World Heritage Site. The varied, elaborate architectural designs of the guild houses which surround the square are memorable. The powerful craftsmen and merchants of these associations flaunted their importance in part through their buildings. Today Brussels is the Headquarters of the European Common Market.

Unlike Belgium, which during the Golden Age depicted its catholic tradition in art, the Netherlands painters Rembrandt van Rijn, Frans Hals, Johannes Vermeer, Jacob van Ruysdael and others used secular themes. Haarlem was the seat of the renowned period and the Frans Hals museum is a good place to view some works. The street is lined with red brick, one story step houses, a visual treat.

Amsterdam's Rijkmuseum boasts the Nightwatch (Company of Trans Banning Cocq) by Rembrandt. Interestingly the civic guardsman are standing, a technique which Rembrandt was first to effectively employ. Other portraitists had subjects seated around a table. Each man depicted by Rembrandt paid for his portrait and he painted numerous companies that

operated at the time, netting him a good income. Not so for Vermeer living in Delft. He worked slowly, meticulously, and produced few works. The Maurits House Museum in The Hague, "one of the world's most beautiful small picture galleries in the world", owns two of his treasures, "View of Delft" and "Girl with a Pearl Earring".

The Hague in the Netherlands is the seat of government and blends

beautifully the old and modern architecture. The queen opens parliament in the Knights' Hall a stepped stone, 16th century building. It also is the city where the impressive international law court, funded by Carnegie is located.

The program ended by recapping the tour with slides of Madurodam, the smallest city in The Netherlands, a 1:25 scale. The pictures were made in 1957, shortly after it opened. (It celebrated its 60th birthday in July.) It was an excellent way to appreciate the uniqueness of the country, its dikes, windmills, newly reconstructed Schiphol Airport using current blueprints, and get a ground level view of carpets of color created by tulip fields.

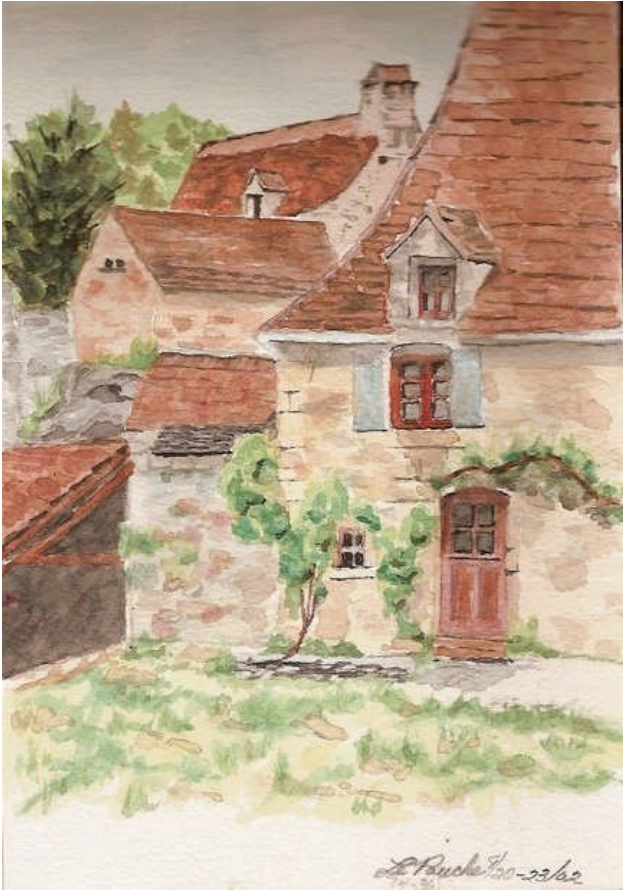
Connie Lanseigne-Case



Connie dressed in costume of the Netherlands 52 years ago.
Collage by Connie

Connie's Watercolor at Whistler House

The Annual Juried Member Exhibition at the Whistler House Museum of Art runs from November 20th to December 31st. This year Connie Lanseigne-Case has a small watercolor in the show. The subject is a charming cottage in Le Pouche, France, that she photographed while walking in the Dordogne and later painted.



Le Pouche, Dordogne, (watercolor 8x10)

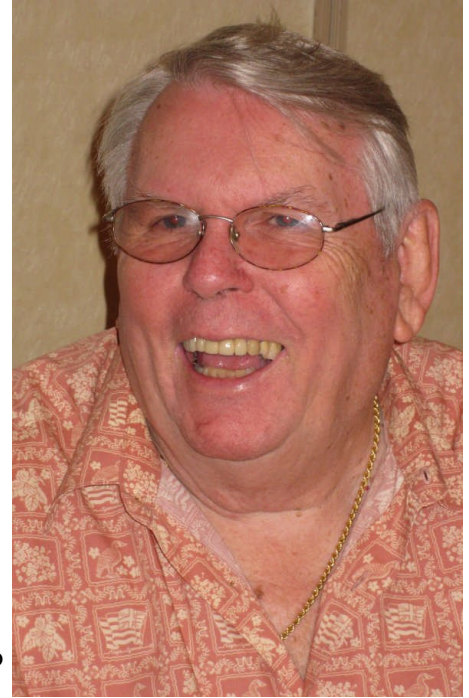
The Remarkable Exhibit at Peabody Essex Museum

In a corner of the 250 acre Forbidden City, Emperor Qianlong (1736-1796) had a garden retreat consisting of 27 individualized buildings built. It housed carved furniture, paintings on silk, inlaid screens, among them 90 magnificent objects which are on tour. When he died, the gate to the compound was locked and only recently has the prodigious work of restoring it begun. The Peabody Essex Museum is the first of three museums in the United States hosting the show before it returns the Beijing. The exhibition is marvelously curated with sounds, silhouettes of buildings with picturesque names, informative videos, even an opportunity to practice calligraphy. "Treasures from the Forbidden City" are on display until January 9th. It is an extraordinary exhibition!

Connie Lanseigne-Case

Member Snapshot

My name is Bill Terris and I'm a widower who lives in Bedford. When I returned from a trip to Florida last winter, I received a letter explaining LIRA. It sounded great ... so I joined. I took two courses and I loved them, so I'm anxious for Part 2 to begin in September.



Most recently I left my post as a program supervisor at Lesley University. In that setting I worked with people who wanted to become teachers. I visited classrooms, where I saw excellent classroom teachers, offered suggestions to the student teachers, and of course, loved hanging around with children in the elementary schools and learning what they learn.

Prior to that I served as an elementary principal in the Lexington Schools (22 years of that) and prior to that I served as a classroom teacher in three of its schools.

I have two children, Jay, who lives in Lynnfield, and Lisa, a primary teacher in Tewksbury. I have 3 grandchildren and I can usually be found in the cheering sections of some soccer fields or at a baseball game, not to mention the dance recitals or the ice skating shows.

Since joining LIRA Bill has become a volunteer for a group of Lowell residents who have as their mission, helping refugees from foreign countries become settled here. At the present time he works with an Iraqi family who has two young teens of high school age. Among other things he has been in touch with the school department on their behalf in getting them placed in their appropriate grades. Having been a school educator and administrator he is a "natural" to do this and he seems to be enjoying himself too!

If anyone is interested in volunteering to help refugees in many different ways as they become acclimated to local American life can call Judy Miller, a LIRA member, at (978) 256-8466.

Bill Terris and Jeanne Gunion

Holiday Party Details

After the meeting, auction and scholarship awards, there will be a potluck luncheon at the Holiday Party. Please bring a main dish, salad or dessert that will serve 4-6 people. **Please provide a serving utensil if your dish requires one.** It would also be helpful if you made a sign to identify your dish. Contact Mary Willis or Dawn Gillogly if you have any questions.



In lieu of exchanging gifts, LIRA members have donated many new books in past years for distribution by Community Teamwork, Inc. of Lowell, the agency which serves families in shelters and oversees many child care programs in the City. Each book is marked with a bookplate denoting that it is a gift from Learning In

Retirement Association. Books should be suitable for children, ages infant through 10. In the past, there has been a desperate need for hats and mittens for children, ages up to 10 years old. We have decided to continue to bring these, also.

Please bring a new book and/or hat and mittens, unwrapped, to the Holiday party. Thanks for your participation. Contact Elaine Jelescheff if you have any questions.

LIRA's Scholarship Fund Annual Auction

We will hold our annual auction at the LIRA Holiday Party December 8th. The Committee has decided that the auction will be a Consumable Auction once again. The Auction is a major fundraiser for the Scholarship Fund. This year we will be giving \$1500.00 to two University of Lowell students to use towards their education.

What is a Consumable Auction, you ask? It is an auction where all items donated would be consumed i.e., something

you eat, drink, do, or use up. The Scholarship Committee sells tickets (\$1.00 ea or 6/\$5.00) and you decide what items you want, and put your tickets in the appropriate containers. All donations must be brought directly to the Holiday Party location on that day. We will not be collecting items beforehand.

ITEMS YOU MIGHT LIKE TO DONATE:

- Plate of homemade cookies or homemade bread
- Candy
- Baskets filled with boxes of teas with or without a mug, a pound of coffee with or without a mug, a spa basket, movie snacks with or without movie tickets, etc.
- A bottle of wine
- Passes to a movie
- Gift certificates of any kind, i.e., Dunkin Donuts, Market Basket, Panera Bread, etc.
- Suduko or Crossword Puzzle Books



SERVICES YOU COULD DONATE:

- If you like to bake you could give a certificate stating that you would make a homemade dessert or a plate of Christmas cookies; to be delivered to the winner at a future date.
- If you like animals you might offer to feed, walk, or watch someone's pet.
- If you like to drive you might offer to take someone to and from a doctor's or hospital visit, within the Lowell area.
- Lessons of any kind, i.e. knitting, crocheting.

The Auction Committee
Carol Cannistraro and Pat Dion

December Book Discussion

As we discussed at our last meeting, there is a conflict on December 10th with the lecture series we are co-sponsoring at the Chelmsford Library. My original thought was to completely change the date, but because many people are busy at that time of year and there is always a difficulty in getting meeting rooms, I contacted the Chelmsford Library to see if we could meet there that afternoon.

THEREFORE, THE DECEMBER BOOK DISCUSSION WILL TAKE PLACE ON **FRIDAY, DECEMBER 10TH, AT 12:30 PM** at the Chelmsford Library in the small meeting room downstairs (next to the computers) for a discussion of *The First Tycoon: The Epic Life of Cornelius Vanderbilt* by T.J.Stiles. Hope you all can make it.

Toby Hodes

We are NOT Moving!

Yeah! Except for the 2 sessions on January 12 and February 16, we will be at the Recreation Center again for the winter intersession. We are also scheduled to be there for Mondays, Tuesdays and Thursdays of the Spring Session. Members should be reminded that LIRA members are not allowed to use the facilities unless they have paid for a membership. Peter Murray, director of the Rec Center, spoke to us at the Convocation in September and explained that membership costs \$75. for 3 months, \$125. for 6 months and \$200. for one year. Otherwise, we are only allowed to use the Meeting Room. These are the best facilities we have ever had, so we don't want to do anything to jeopardize our new space.

Location of the Holiday Party and Parking Lot

The Holiday Party will be held in Alumni Hall on University Avenue, Lowell. The hall is part of the Lydon Library. The entrance to the hall is on the left as you are facing the building. A shuttle bus will be taking us from the parking lot to Alumni Hall, leaving us off in the front of the building. The shuttle will be running from 9:30am to 1:00pm for as many trips as needed.

Parking is in the Salem Street Lot B, not the Perkins Lot. From the light at Aiken Street and Father Morissette Boulevard, continue on the boulevard for 2 more traffic lights, the first at University Avenue, the second at Merrimack Street. Salem Street is the first left after the 2nd traffic light. A Shell Station is on the right corner and the NE Rehabilitation Center (formerly St. Joseph's Hospital) is on the left corner. Continue down Salem Street for a short way. The B parking lot is on the right and **BEHIND** the hospital parking lot.

On the map below:

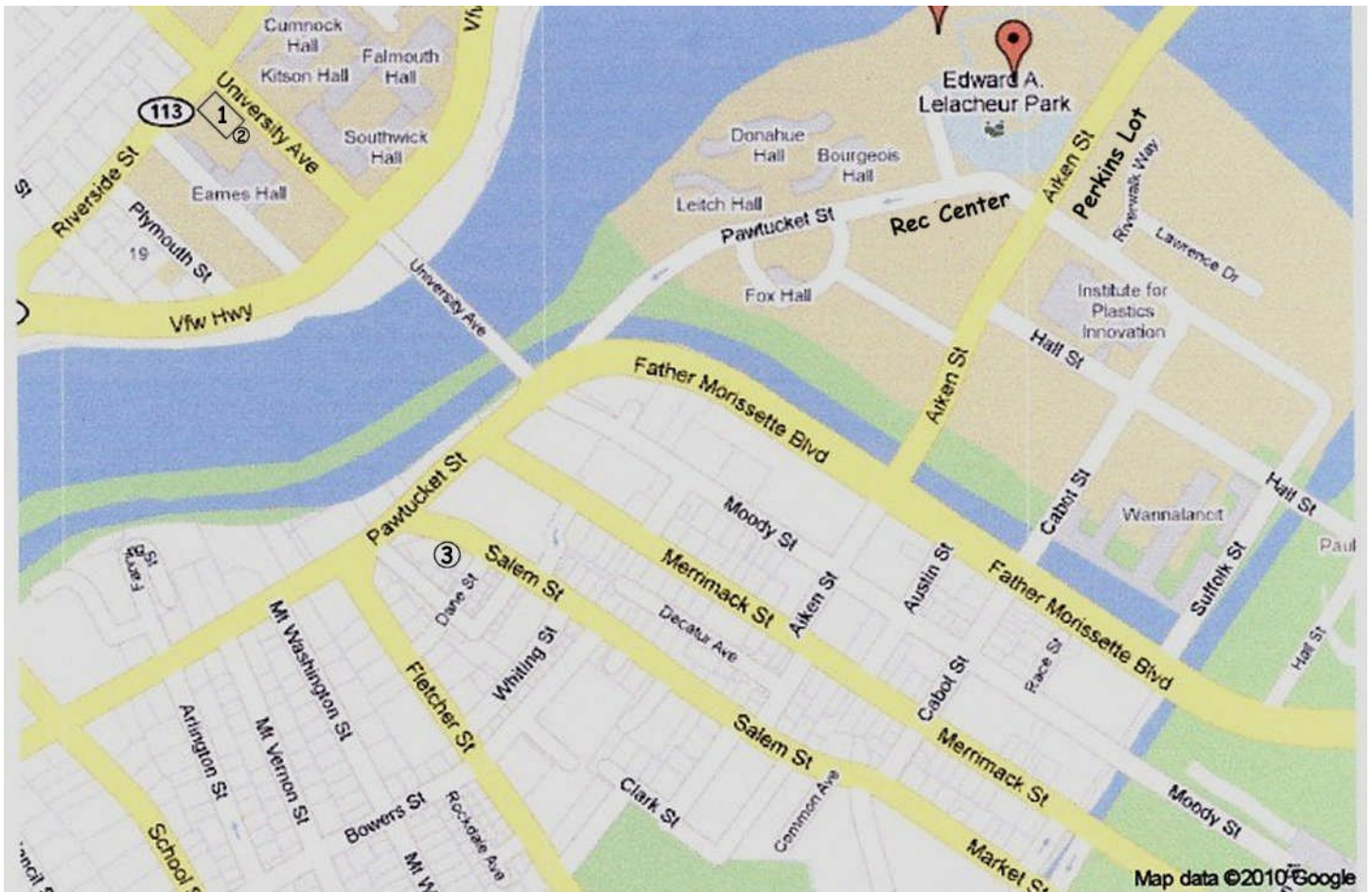
1 = Lydon Library



2 = Entrance to Alumni Hall



3 = Salem Parking Lot B



Health and Wellness Research

Emma Barnard is a graduate student at UMass Lowell who contacted Toby Hodes through our website. She sent the following email and answered the following questions that Toby asked regarding the research. Please contact her if you want to participate or if you have any further questions.

I am a graduate student in Physical Therapy at UMass Lowell, working with Dr. Dybel and Dr. Seymour on research regarding health and wellness in the retired community and above the age of 55 and 65. My research group is looking for a group of people that we can do (free) health screenings on. We were wondering if we would be able to work with LIRA to do these health screenings.

1. How many people are you looking for?

We are looking for approximately 10-15 subjects.

2. What types of screenings are you planning on?

We would be performing a 4 meter walk test (testing comfortable walking speed; should take about a minute with explanation), a Timed Up and Go test (testing speed of rising from chair, walking 10 feet, turning, walking the 10ft back to the chair and sitting down; should take about a minute with explanation), a health literacy test (testing ability to read medication labels and understand medical forms distributed at a doctors office, etc.; takes about 7 minutes), 2 minute walk test (measuring distance covered in 2 minutes) and accelerometers would be used to measure movements during these tests.

3. How much time is required?

I have listed the required times for each test, total it should take no longer than 30 minutes to 1 hour to perform all of the tests on all subjects.

4. Where would these screenings take place?

The screenings would take place either on South campus in Weed Hall or in the Recreation Center on East Campus, whichever is more convenient for the subjects.

5. What is the purpose of your research?

The purpose of the research is to determine changes in health and wellness as well as health literacy in community dwelling elders with a regular exercise program. This research is being performed by 2 separate groups. One research group is focusing on health and wellness and health literacy while the other group is focusing on health and wellness and activity level. It is a 16 week study and our intervention group (the exercising subjects) live at D'Youville in the independent living apartment complex.

6. How soon would you be doing the screening?

We would love to do the screening ASAP. It would need to be coordinated with the two research groups but we are hoping to collect the data before Christmas break and hopefully earlier rather than later.

7. You mention over 55 and over 65. Are these 2 separate categories or what? And how much over?

Our groups have re-discussed this question and decided that 57 years of age would be the minimal age for our control group.

Thank you again,
Emma Barnard, SPT
emma_barnard@student.uml.edu
508-340-0035

Email Notification

Please Note: It is **very important** for people that have email to check their email for room changes, class cancellations and other notices that may come up during the year. We have had some unfortunate circumstances this fall where rooms have been changed and people went to the wrong location. Since we don't have a permanent home as yet, there could be changes that we don't foresee. We will try and get to everyone in a timely manner, but we need your cooperation by checking your email. Those that don't have an email address will be given a phone call or sent mail.

For normal cancellations, there is a list of those that signed up to have it emailed to them. Those people should make sure that they check their email in the morning if there is any doubt about a class being held. If there are others that would like to be on this email list, please notify Barbara Willman at

978-251-8770 or bkillman@earthlink.net. Those not on the list will be notified by telephone. The following is the policy for class cancellations.

Class Cancellations

Emergencies (Cancellation of Classes/University Closing)

In the event that it becomes necessary to cancel a LIRA program for any reason, i.e. snowstorm, hazardous road conditions, or if the UMass Lowell campus is closed due to a storm emergency or other unexpected events, Toby Hodes will call Barbara Willman who is the telephone tree coordinator, to let her know of the cancellation. Barbara will then call her contact persons to inform them of the cancellation. These contact persons will then call the members on their respective list to inform them of the cancellation.

A Popular Class

Bob Farrant's class on the Civil War broke all records for number of signups in the fall. About 70 people signed up for the class. Since the room will hold only 40 people, we had to divide the class. Bob Farrant graciously agreed to repeat the class in the spring, so right now, 40 lucky people are taking the class and the remaining 30 are already signed up for the spring class.

Below is a collage of photographs that Dona Beavers took in one of the Monday morning classes.



Friday Morning Lecture at the Chelmsford Library

The Chelmsford Library has partnered with LIRA to present a new series of Friday morning lectures and discussions that will take place on the 2nd Friday of each month. Lecture topics will follow along with the topics LIRA members cover in their classroom discussions. These lectures have been well attended by LIRA members.

On Friday December 10, at 10 am, Paul Beran, Director, Outreach Center, Center for Middle Eastern Studies at Harvard University, will talk on *Iran, Persian Culture and the Persian/Arabian Gulf*. This talk will focus on Iran and discuss Iranian-Gulf relations and US foreign policy interests.

For further information on this lecture and other upcoming lectures go to: http://www.chelmsfordlibrary.org/programs/programs/friday_morning_lectures.html

Frankenfish and Other Anomalies or Why I Have Never Regretted Joining Great Decisions

In Great Decisions, a study of American foreign and domestic policy and its effects both intended and unintended on our day to day lives, not only are the topics covered (four each semester) ripped from the headlines but they tend to cover in great depth anything from the worldwide reach of organized crime and its daily effect on us as citizens, but also such topics as deepwater drilling in the Arctic and who owns it; why and who we go to war with and for what, and as the headline above says the effect of genetic engineering on our present and future food supply and the security of that supply, and many other timely topics.

As with many LIRA groups each topic is broken down and assigned in advance to a dedicated volunteer with an interest in the subject. They research it in great detail and present it to the group. Criticism and discussion are encouraged and many points of view are discussed and debated. Sometimes consensus is reached and sometimes not but we all learn from each other.

The people who join Great Decisions, both those who are there year after year and new people who then become longtime members themselves, have an abiding interest and intelligence in foreign and domestic policy and how it ties into decisions that affect our lives every day.

One of the many things we most appreciate about this course is that subjects we studied and discussed last year or the year before or the year before that constantly come up on the front pages of your daily newspaper. As the saying goes: *An educated electorate is essential to the functioning of a democracy.*

If you have an interest in how the world works and how it affects you every day, please join us. You will learn and be more informed. And isn't that what we are all here for?

Myron Burtman

Breakmobile a Success!

Two at a time—that's the way it has worked since the Breakmobile was invented, along with the system for using it. How to spread the responsibility for serving up (and cleaning up) the repast necessary for total enjoyment of each class? One person could do it, but it takes only half the time when a team of two gets everything ready on the cart and shoves it into place for the benefit of "long-time-since-breakfast" learners.

While we were situated over at Fox Hall, we had the luxury of a 3-room office with space for storing, preparing, serving, and consuming coffee-break refreshments. Once relocated in the Wannalancit Office and Technology



When Bill Terris and Arnie Kerzner assumed the morning job on October 19, they made sure we had fresh fruit!

Center, we found our small office served only that purpose. There was a little space for storage, and we did obtain the use of a cart.

One great outcome of the process has been the extraordinary variety of food placed before us, courtesy of the volunteers and other contributors who bring favorite recipes. The Breakmobile has been a factor as people sign up and have the chance to get to know another person beyond sitting in the same room for several hours.

So hats off to all you people who add so much to our classroom experience by looking out for our nutrition and comfort. As Victor Borge used to say, "Bless your heart—and all your vital organs."

Dorothy Bromage

Thank You, Dorothy!

A BIG Thank You to Dorothy Bromage for producing the membership directory for many years! It is a tedious and time-consuming job and we appreciate all her hard work. Also, Thank You to Suzanne Knapp for agreeing to take on the added responsibility of the directory.

Home Towns

LIRA members trek to Lowell from 21 communities. The breakdown by city/town this 2010-2011 year is as follows:

Ayer, MA	1
Bedford, MA	2
Billerica, MA	1
Boxford, MA	1
Burlington, MA	2
Chelmsford, MA	38
Dracut, MA	3
Groton, MA	3
Haverhill, MA	2
Hingham, MA	1
Lexington, MA	1
Littleton, MA	3
Lowell, MA	20
Methuen, MA	1
N. Andover, MA	2
N. Chelmsford, MA	9
Pelham, NH	1
Tewksbury, MA	3
Tyngsboro, MA	1
W. Boxford, MA	1
Westford, MA	13

Library Notes

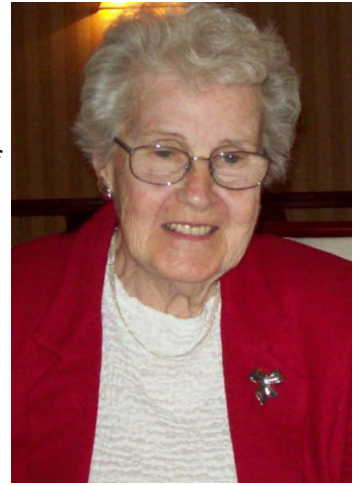
The following Teaching Company DVDs are available in the LIRA library:



Broadway Musicals, Churchill, From Yao to Mao, Doctors, Great Pharaohs of Ancient Egypt, Philosophy & Intellectual History, Science of Self and Comparative Religion. If you would like to borrow one of these please see Shirley Mitchell.

Meeting Old Friends.....

How long have you been a LIRA member? The question often comes up in conversation between old and new members. Several years ago a partial list of some of the oldest members was provided by Barbara Arnold. Barbara was the Secretary for several years and was also on the Scholarship Committee for many years. LIRA was formed in 1988; we still have members that joined nineteen and twenty years ago!



Barbara Arnold, now a LIRA friend. A few friends took her to lunch in appreciation for her long commitment to LIRA.

1990: Barbara Arnold, Peg Farley
1991: George Dana, Jean Dettman, Suzanne Knapp, Connie Lanseigne-Case, Alan McKersie, Dottie Morris and Betty Sampas.



LIRA Members Betty Bayard (left) and Dona Beavers (right) visiting Jean Dettman (LIRA Lifetime Member).



I would like to wish you all a Joyous Holiday Season

and a New Year of Peace, Happiness and Good Health.



Jeri Durant

Scholarship Update

We have received scholarship applications about 15 bright and very interesting students. The committee met on Nov. 19th to study them all and choose the winners of the two \$1500 scholarships, which will be presented at the December 9th meeting. At a later date, we will make the applications available to the LIRA members so that they can see the variety of interests and work these students are involved in.

The Scholarship Committee would like to thank the members that have generously donated more than \$1000.00 and helped to make our scholarships possible. The donations to the coffee fund also go to the scholarship fund – that portion that is not needed to supply our refreshment cart. The proceeds from the Consumable Auction will also go to the fund. Thanks to all for your donations.

LIRA Scholarship Committee
Mary Jane Myers, Chair
Betty Bayard
Carol Cannistraro
Al McKersie
Dottie Morris

Member News

Our sincere sympathy to Rose Rhoades, whose husband passed away recently, and her family.

Note to LIRA members from Rose:

Thank you all for your kind words, cards and donation to the Cystic Fibrosis Fund. My family also thanks you and it makes them feel good to know I have such good people as friends.

Love, Rose

Our Publicity is Bearing Fruit!!

I have met new members who have learned about us through notices and articles in local publications and I wish to remind all members that if you know of someone who is curious about LIRA then **bring them along to a meeting!** In this way you provide a welcoming committee of at least one while you are providing transportation that is difficult to come by on one's own. And remember that Intersession classes on Wednesdays in January and February are **FREE** and open to the public.

Jeanne Gunion

Time for a Change



If you want to remain current with LIRA members, take pen or pencil in hand and make the following changes in your membership

New Members:

Constance Richardson
165 Nashua Road
Dracut, MA 01826
978-957-0924
cgr.gbr165@comcast.net

Nancy Sandgren
3 Meghan Lane
Dracut, MA 01826
978-957-0745
a.sandgren@comcast.net

Annette Seymour
11-B Turtle Hall Road
Ayer, MA 01432
978-391-4155
annetteseymour0711@gmail.com

Name change:

Eleanor Mondale to
Elinor Mondale

Phone change:

Martha Hill Sackett:
978-677-7240

Address change:

Barbara Arnold
15 Mt. Pleasant Street
N. Chelmsford, MA 01863

Email changes:

Walter Ciesluk:
wgciesluk@verizon.net

Alan & Jane McKersie:
admck@comcast.net

Rose Rhoades:
rosemrhojamie@verizon.net

The next newsletter will be out on March 1, 2011; the deadline for news items is February 15, 2011. Please remember that the coordinators are now responsible for getting someone to write an article about their program, if you want something to appear in the newsletter. Articles may be given to me at any time before the deadline.




Jeri Durant

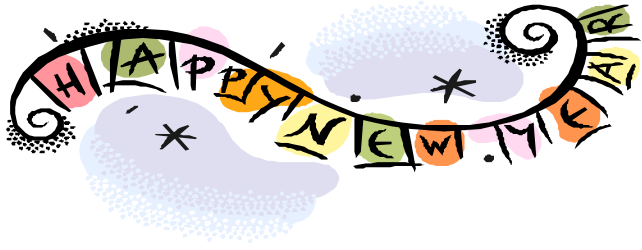
Newsletter Committee

Geraldine Durant, Editor & Calendar jeri@netway.com
Suzanne Knapp, Layout knapp.sc@gmail.com
& Reproduction
Shirley Mitchell and shirleytm2@aol.com
Sally Cady, Distribution
Kay Carroll, Member News Fckc12345@comcast.net



December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3	4
5	6	7	8 10 AM to Noon Holiday Party and Town Meeting Alumni Hall University Ave, Lowell	9	10 10 AM to Noon Chelmsford Library Lecture,; 12:30 pm- Book Discussion <i>The First Tycoon</i> by T.J. Stiles-Library	11
12	13	14	15	16	17	18
19	20	21 	22	23	24	25 
26	27	28	29	30	31	



January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5 10 AM to Noon Recycling Rec Center	6	7	8
9	10	11	12 10 AM to Noon LIRA Goes Abroad Wannalancit, first floor	13	14	15
16		18	19 10AM to Noon New Trends in Technology 12:30pm— Book Discussion Rec Center	20	21	22
23	24	25	26 10 AM to Noon Concord River History Rec Center	27	28	29
30	31					



February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 10 AM to Noon Staying Sharp Rec Center	3	4	5
6	7	8	9 10 AM to Noon Cuba Rec Center	10	11	12
13	14 Happy Valentine's Day ♥♥♥♥	15	16 10 AM to Noon Cook Better, Live Better 12:30pm— Book Discussion ICC Conference Center	17	18	19
20	21	22	23 10 AM to Noon Nanotechnology in Literature Rec Center	24	25	26
27	28					

LEARNING IN RETIREMENT ASSOCIATION
University of Massachusetts Lowell
Office of Community Service
Lowell, Massachusetts 01834

2010-2011 Winter Intersession Schedule

The 2011 Winter Intersession, given between semesters, offers to retirees and those semi-retired, a sample of LIRA's almost year-round program and friendly community. The program is planned and much of it provided by the members themselves. The general public is invited to all Intersession programs. The time for these programs is 10:00 AM to 12:00 noon. Please note the location of classes. The Winter Intersession programs will be held in the Meeting Room of the Campus Recreation Center, **with the exception of January 12 and February 16.**

January 12 in the Eastview Classroom—Wannalancit Mill, First Floor

February 16 in the Junior Ballroom—UMass Lowell Inn and Conference Center, Second Floor

In the event of a storm, information will be available on radio 980 AM, WCAP. If UMass Lowell or Lowell Public Schools are closed, the Winter Intersession program will not be held.

December 8 HOLIDAY POTLUCK/TOWN MEETING Alumni Hall, University Ave.
10 AM – Noon Details are in this newsletter.

December 10 Chelmsford Library Lecture, Iran, Persian Culture and the Persian/Arabian Gulf
10 AM – Noon by Paul Beran
12:30 PM BOOK DISCUSSION, Chelmsford Library
The First Tycoon: The Epic Life of Cornelius Vanderbilt by T.J. Stiles

Coordinator: Toby Hodes*

December 12 – January 4 Holidays: No LIRA sessions

January 5 RECYCLING Nick Schott

Nick Schott is a professor emeritus at UMass Lowell and will talk about the interrelationship between energy, oil, and plastics, as well as the recycling issue and substitute materials such as biofuel and bio plastics.

Coordinator: Jean Schott*

January 12 LIRA GOES ABROAD

Jeri Durant*: "Gardens of Glass"

What a pleasant surprise it was when we visited Kew Gardens in London and discovered the spectacular works of Dale Chihuly. His vibrantly colored glass sculptures were scattered throughout the 300 acres of gardens and greenhouses. A DVD will be shown of Chihuly working in the glass shop along with a fascinating look at the installation process happening at Kew Gardens the very week that we arrived in London.

Connie Lanseigne-Case*: "Albert Schweitzer"

In the summer of 1962 while teaching for Crossroads Africa in Gabon West Africa, I visited Lambarene, where Dr. Albert Schweitzer established his hospital. In 2006 I toured his home/museum in Gunsbach, Alsace and talked with the curator. The slides are of daily life of patients, their families and Dr. Schweitzer along with an update of Lambarene 44 years later.

Jerry Gilmore*: "Souvenirs from Trip to China"

I will exhibit several items I brought back from China with some slides of locations where I purchased them. They include a Magic Rug, a Porcelain 2-sided figure, a Buddha carved in a blossom, and a small jar painted in the inside. They are all very unusual and reflect the art of Chinese craftsmen.

Coordinator: Therese Keoseian*

January 19 NEW TRENDS IN TECHNOLOGY Robert Hanlon*

- RFID - How radio frequency ID is being used to track us and the products we buy.
- Wireless technology smart phones, tablet computers, e-book readers – how dedicated applications are replacing the World Wide Web
- Social networking - How Facebook, Twitter and virtual reality are changing our lives.
- Entertainment: 3D TV and the internet. How the conventional TV set is becoming just one of many ways to view movies, TV shows, and internet content. What's ahead for 3D TV.
- Education – Use of online learning, netbooks, and interactive whiteboards

Coordinator: Bill Terris*

January 19 **BOOK DISCUSSION**
Man from St. Petersburg fiction by Ken Follett

Toby Hodes* 12:30 PM - 2:30 PM *The*

January 26 **CONCORD RIVER HISTORY**

Jane Galvin

Jane Calvin, Executive Director, will offer a presentation about the work of the Lowell Parks & Conservation Trust to create the Concord River Greenway. This multi-use recreational trail has been over 30 years in the making and two sections have recently been constructed. Jane will discuss the trail's connections to other regional trails and its public art components, as well as multi-lingual signage and new outdoor classroom. The presentation will also touch on recent land use history research about the corridor. Learn about what it has taken to bring a vision to reality—and some of the challenges along the way! Coordinator: George Dana

February 2 **STAYING SHARP**
affordable ways for optimal brain fitness

Rebecca Shafir Helpful, practical, and

Rebecca Shafir, author, speech pathologist and neurotherapist will tell how to:

- *Prevent Alzheimer's and dementias*
- *How to boost working memory*
- *How stress affects thinking and how to manage it*
- *Concentrate and focus better*
- *Brain Training - what works and what's hype?*

Coordinator: Ron Cannistraro*

February 9 **CUBA**

Jose Ramirez

Cuba in the 30's and the 90's to the present time, presentation of a book recently published, and travel to Cuba in 2009. Dr. Ramirez is Cuban born, living in Massachusetts. He is publisher and editor of "Notes and Memories" and a frequent traveler to Cuba.

Coordinator: Mary Willis*

February 16 **COOK BETTER, LIVE BETTER**

Joe Stanislav

Be a Healthy Home Chef - focus on healthy items that can be quickly prepared and that can easily be packaged for lunch at work. Chef Joe will discuss food and knife safety, and participants will see demos of and sample 3 healthy items. Recipes: Chicken/Fish with different sauces, whole grain side, vegetables in season. Smart Grains and Dietary Fiber – what is the role of whole grains and fiber, what foods contain soluble fiber? Chef Joe will demonstrate cooking with grains and discuss long cooking vs. quick cook grains.

Coordinator: Irene Ballantine*

February 16 **BOOK DISCUSSION**
Human Bondage fiction by W. Somerset Maugham

Toby Hodes* 12:30 PM - 2:30 PM *Of*

February 23 **NANOTECHNOLOGY IN LITERATURE**

Todd Avery

A brief survey of some literary works that explore nanotechnology and its potential positive and negative consequences; some nanotechnology science fiction celebrates nanotech, and some belongs, like Mary Shelley's novel *Frankenstein*, to the cautionary tale type of story. A focus on a few short stories that engage with some aspects of nanotechnology that have been in the news ever since the beginnings of nanotech in the 1980s. Nanotechnology can be thought of not only as a scientific and technological phenomenon, but as a scientific and technological development that is having an impact on how we think about what it means to be a human being.

Coordinator: Steve Sussman

* Member of LIRA